

Pilates

Pilates focuses on core strengthening (abdominals) and helps reshape the body by creating long, lean muscles. It also helps to strengthen the back muscles and increases flexibility. Pilates class utilizes resistance bands, pilates circles and balls.

Thursdays

May 9 - May 30

Time: 7:15 - 8:15 pm

Please Bring A Yoga Mat

Fee:

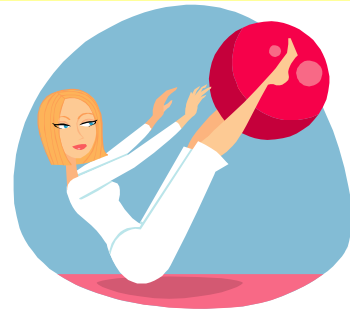
Resident \$40.00

Non-Resident \$60 .00

4 Weeks = 4 Classes

232401D

**Changes/Cancellations are subject to
administrative fees*



Registration and Classes held at the
Surfside Community Center
9301 Collins Avenue

Drop in fee per class:

Residents \$15

Non-Residents \$23

Registration begins:

Residents - April 8

Non-Residents - April 22



Proof of residency is required at the time of registration.

For more information please call (305) 866-3635

Website: www.townofsurfsidefl.gov